



Daily Journal

April 14 - 20, 2014

Monday April 14, 2014 6:12am. Got up at 5am. Cleaned up made the bunk. Fixed my oatmeal, which I'll eat here shortly. Back is hurting I've got to see the Doctor about this. I'm going to do some writing this morning.

7:16am. Finished up a letter I started the other day. They just called rec.

10:57am. Just got back in from rec. It's always good to get out of this cell. I need to wash clothes wash up, and make something to eat.

2:15pm. Clothes are washed and drying. My back is killing me. Can't believe I'm hurting so bad. Just sitting here I'm in pain.

4:20pm. Having chili for dinner. Can't believe I'm hurting this bad.

5:49pm. Waiting on the showers. Back is just killing me. Can't wait to run that hot water over it.

7:14pm. Back from the shower. Hot water did not help with the back. I've got to see the Doctor. Can't keep hurting like this. Going to lay down and call it a day.

Ronald W. Clark
April 15, 2014

Page 2
Daily Journal

Tuesday April 15, 2014 6:00 am. Been up since 4:20. Cleaned up, watched the news. Back is still hurting, as is my knee. Old age. Not sure what I'm going to do today. Write a letter or two, if I can sit here long enough to do that.

8:51 am. Wrote one letter, it's just hard to sit here for long periods. Property Room picked up our coats and extra blankets a few minutes ago. Hope there's no problem with that jacket being torn. That officer did it that Friday April 4, when he destroyed my property. I showed it to the Sgt on the wing and the property room Sgt. So hopefully nothing comes of that. But these people are corrupt. The six officers on Administrative leave, and on investigation for fighting inmates. They were taking inmates out of their cells, fighting them against each other. The winner got street food. People get up set about dog fighting, yet here we have them fighting inmates. This is the FDOC Fla. Dept. of Corruption.

12:15 pm. Wrote a blog "change" and a card. It's just hard sitting here for very long. Lunch was bad, and breakfast was as well. I hope dinner is better. Meals have changed for the Passover. And not for the

Ronald W. Clark
April 15, 2014

Page 3
Daily Journal.

better. Not sure what I'm going to do next. Guess I'll read this paper. Abolitionist, they want to do away with prison's. I disagree, some people you just can't put back on the street.

4:28 PM. Ate dinner, peanut butter jelly + matso. They need to serve some real food, meat and veges.

6:38 PM. I'm going to sleep.

Wednesday April 16, 2014 6:27 am. Been up since 4:23 am. Back is still hurting, ate Peanut butter jelly and matso for breakfast as well. This is 'crazy,' I've cleaned up, made the bunk, not sure what I'll do next, try walking and listening to music.

6:40 am, Sgt. just came through and told me I have Doctor's clinic this morning. I'm glad of that.

8:04 am. Been walking, back is hurting, which is good, since I'll be seeing the Doctor in about an hour. Rec was called on the north side.

10:57 am. Back from the Doctor, that didn't go well. I asked for an MRI. He said, Corizon medical will not approve that. I got a back brace coming and my meds. I'm going to have to file grievances on this. Right now I'm waiting on lunch.

12:03 PM. They just called us for rec.

Ronald W. Clukj
April 16, 2014

I ate matzo for lunch. This is rough, my back is hurting. I'm going out just to get some sun.
3:42 PM. Got back in OFF the yard, cell's are torn up. two guys got DRS one for a weapon. The other for Contraband.

5:36 PM. just finished washing clothes. Now just waiting on the showers.

8:12 PM. just got back from the shower. Going to watch survivor and go to sleep. Back is killing me!"

Thursday April 17, 2014 6:37 AM. Been up since 5am. back still hurts. Took me forever to make the bunk. I'm working on grievance's to place up on my blog. Bogus responses!

8:02 AM. just wrote a grievance on medical and an appeal to Tallahassee on the HIPAA violations taking place here. I have another medical grievance to write, and a letter or two, if this back allows it.

10:13 AM. Hurting so bad it's hard to sit here and try to write.

11:09 AM. Canteen just came. also got my glasses, which I don't like, they don't fit well, and I do not like bifocals.

2:00 PM Classification just came through. ask me if I needed anything. I said Nope. I don't want to talk to her. I try to avoid even looking her way. Leave her completely and totally alone!"

Ronald W. Clarke
April 17, 2014

Page 5
Daily Journals

Back has eased up a little bit.

2:36 PM. Just finished up two comments. Got to figure out what to do next.

4:45 PM. Just ate Canteen chili for dinner. Haven't accomplished a thing today.

6:38 PM. Going to bed. Back is killing me!

Friday April 18, 2014. 6:20 AM. They just brought breakfast. Sardines, matzo and milk, powdered.

This is a rough diet. I've been up since 4:40 made the bunk, washed up, hoping the nurse brings down my med's and back brace this morning.

9:02 AM. MP3 Lady just came around picking up players. See how long it takes her to bring them back.

1:44 PM. Nurse brought me some med's, I took the pain pills and the back feels a lot better.

I can still feel the pain, but not like it was. I'm going to try to workout.

3:02 PM. Just finished exercising and cleaning the cell. These pain pills are working and it wasn't placebo, I know that, cause I took the pills, forgot about it, was laying there messing with my mp3-player, got up, and realized the pain wasn't there. Went to moving around, toe touches I couldn't even scratch my foot the other day. Exercising, I could feel the movement in the knee, see how this works over the next few days.

5:19 PM. Ate Beef, steamed Beans & Rice for dinner.

Ronald W. Cluck
April 18, 2014

Page 6
Daily Journal

They served us sardines and matzo again. Three times today, that's what we've had. I'm listening to music walking now. I can feel the place in my back that hurts, but these pills have eased up the real bad pain. Hope they keep working.
7:14 PM. Back from the shower. Going to sleep now.

Saturday April 19, 2014 6:53 am. Got up at 4:30 after washing up, eating some oatmeal taking some pain pills for this back, I began washing sheets. I've now got them drying. I've still got to wash towels and then work out and wash these clothes I'm wearing.

12:03 PM. Washed all the clothes, scrubbed the ceiling, that was a job ate some coffee cake for dinner. They served matzo and sardines again. This is 5 straight meals like that. I'm having to find something else to eat.

3:42 PM. Watching basketball, dinner's coming now. And yep - it's sardines and matzo again.

6:04 PM. Going to lay down and watch TV. I'm staying up late to watch the UFC on Fox.

Sunday April 20, 2014 7:08 am. I was up until 10:30 last night watching that UFC. Got up at 5:06 am cleaned up and been sitting here watching the News. I am tired. I've got everything ready for the visit. Think I'll walk for a while.

7:52 am. Been walking, back is hurting, need

Ronald W. Clutey
April 20, 2014

Page 7
Daily Journal.

to take a few more pain pills before I go to the visiting park. Problem is, I haven't eat anything. We had sardines and matzo. I'm sick of that!

8:39am. Ate 2 oranges took some more pain pills. Bathed now going to lay back and watch GMA until they come get me for visit.

3:01 PM. Got back from the visit. Had a nice time with mom. I was born at 8:33 PM. April 20, 1968. Right now I'm going to watch some basketball.

4:25 PM. Ate too much today. I feel sick to my stomach. None of this food is healthy. I'm going to bed early tonight. 25 years ago today, I was in Tulsa Oklahoma. Spent the day with my mom, Sherry, Cindy and my girl friend Angela. Had a nice meal at the Olive Garden. Then Angela and I spent the night hitting bars. I was 21, she was 24. Seems like another life. Just a distant memory. Well I'm fixing to call it a day, lay back watch the rest of this game and then go to sleep.